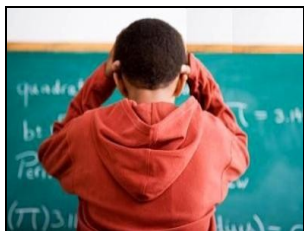


FREE Groups Offered by the Town of Brookhaven Youth Bureau



Group Title	Brief Description
Anger Management Group <i>For Town residents 12-21 years old</i>	This group discusses the origins of anger, the positive and negative ways that people deal with anger, and how to develop coping skills to express anger appropriately.
Rocky Road (Divorce Group) <i>For Town residents 12-21 years old</i>	This group addresses subjects such as; discovering common issues, successfully navigating the holidays, dealing with emotions such as guilt and anger, battling misconceptions in society, and handling family life.
Jobs, Jobs, Jobs (Employment Group) <i>For Town residents 12-21 years old</i>	This group provides strategies for teens to find open employment positions, apply for jobs, prepare for interviews, write resumes and cover letters, and maintain employment.
What Now? (Employment, College &/or Trade School Preparation Group) <i>For Town residents 12-21 years old</i>	An employment and college/university and trade school readiness group that reviews all possible options for the future.
Women's Support Group <i>For women in the Town of Brookhaven as well as surrounding Towns. *a small fee may apply for non-residents *</i>	This group consists of topics such as building self-esteem, personal growth & development, cultivation of positive thinking, developing communication skills, and learning to set and achieve goals.
It's A Guy Thing <i>For male Town residents 12-21 years old</i>	This group explores topics such as; bullying, family issues, drugs/alcohol use, and dating/relationships issues.
Teen Talk <i>For Town residents 12-21 years old</i>	This group explores topics such as; healthy living (diet/nutrition), stress reduction, high school/ after graduation options, and summer jobs/ resume & applications.
Socialization Group <i>For Town residents 12-21 years old</i>	This group explores the following topics; starting relationships, social boundaries, conversation techniques, and making healthy social media choices.
Girl Talk <i>For female Town residents 12-21 years old</i>	This group explores the following topics; healthy relationships, dealing with everyday stress, healthy eating & nutrition, social media use and abuse.



Supervisor Edward P. Romaine

Valerie M. Cartright, District 1 Michael Loguercio, District 4
 Jane Bonner, District 2 Neil Foley, District 5
 Kevin LaValle, District 3 Daniel Panico, District 6
 Donna Lent, Town Clerk Louis Marcoccia, Receiver of Taxes
 Daniel Losquadro, Highway Superintendent